



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 43537, Babyfood, dessert, blueberry yogurt, strained

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	81.40	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Energy	kcal	77	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2003
Energy	kJ	320	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Protein	g	0.50	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Total lipid (fat)	g	0.70	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Ash	g	0.35	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2003
Carbohydrate, by difference	g	17.05	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Fiber, total dietary	g	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Sugars, total	g	13.62	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Minerals													
Calcium, Ca	mg	25	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Magnesium, Mg	mg	13	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Phosphorus, P	mg	109	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Potassium, K	mg	62	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Sodium, Na	mg	14	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Zinc, Zn	mg	0.14	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Copper, Cu	mg	0.030	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Selenium, Se	µg	0.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Vitamins													
Vitamin C, total ascorbic acid	mg	12.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Thiamin	mg	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Riboflavin	mg	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Niacin	mg	0.140	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Vitamin B-6	mg	0.400	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2005
Folate, food	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Folate, DFE	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Choline, total	mg	5.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Vitamin B-12	µg	0.43	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2003
Carotene, beta	µg	23	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2003
Vitamin A, IU	IU	41	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2003
Lutein + zeaxanthin	µg	64	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2003
Vitamin E (alpha-tocopherol)	mg	0.40	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin K (phylloquinone)	µg	13.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2003
Lipids													
Fatty acids, total saturated	g	0.452	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
4:0	g	0.022	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
6:0	g	0.015	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
8:0	g	0.009	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
10:0	g	0.019	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
12:0	g	0.024	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
14:0	g	0.073	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
16:0	g	0.192	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
18:0	g	0.069	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Fatty acids, total monounsaturated	g	0.192	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
16:1 undifferentiated	g	0.015	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
18:1 undifferentiated	g	0.159	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Fatty acids, total polyunsaturated	g	0.019	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
18:2 undifferentiated	g	0.013	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
18:3 undifferentiated	g	0.007	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Cholesterol	mg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2005
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2003